

REVIEW YOUR MEDICATIONS



Kentucky
Safety & Prevention Alignment
Network
KY Safe Aging Coalition
<http://www.nofalls.org>



**Certain medications
or combination of
medications** (prescription
AND over-the-counter medications)
**can increase the risk
of falling**

1. **Educate yourself** on which medications or combination of medications can increase a risk of falling.
2. **Make a list** of all the medications (over-the-counter and prescription) you or your loved one are taking and keep it updated.
3. **Do not stop or change the dosage** of any medicine without talking to your pharmacist and doctor.
4. **Talk with your pharmacist and doctor** about your medications and how to prevent a fall.

Make sure your doctor knows exactly what drugs you are taking. **Include** medicines you buy **without a prescription** and dietary supplements like **vitamins**,

Your medication related risk for falling may be increased if:

- You are taking **4 or more** medications daily
- You are taking **antidepressants**
- You are taking **anti-anxiety** medicine or **tranquilizers**
- You are taking **narcotic** pain medicine
- You are taking **cardiovascular medications**